



Base Bulletin

Vandenberg AFB, CA 93437-0759



21 Jul 2004

No. 29

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Quarterly AFOSH Council: The Commander's Quarterly AFOSH Council will be held on Wednesday, 21 Jul 04 from 1400—1500 at the WROCC Theater. All Team Vandenberg Commanders are required to attend; USRs and interested persons are highly encouraged to attend, as well. Purpose of the AFOSH Council is to address all safety, health and fire protection issues. Col Wolf, 30SW/CV, will preside as Chairman of the Council. (30SW/SEGB, 6-8804)

b. Office Closure: The Legal Office will be closed on Thursday, 22 Jul 04, from 0730 to 1130, for an official office function. We apologize for any inconvenience this may cause. If you need emergency legal assistance, please call the on-call JAG at 588-2822. (30SW/JAD)

c. Retirement Ceremony: The 30th Contracting Squadron cordially invites you to attend a retirement ceremony honoring Patricia Gramse's 30 years of dedicated service on 28 Jul 04 at 1000, in Bldg 7015, MXG Conference Room. A luncheon will follow the retirement ceremony and will be held at the Far Western Tavern in Guadalupe. Cost is \$20.00 per person. Please RSVP to Lynne DeLoria at 5-0488, and specify steak or chicken, NLT 22 Jul 04. (30CONS/LGCB)

d. Change of Command: Lieutenant Colonel Angela Thompson will relinquish command of the 30th Medical Operations Squadron to Lieutenant Colonel Lorna Westfall, Thursday, the twenty-ninth of July at three o'clock in the afternoon at the Pacific Coast Club, Ballroom. RSVP by 28 Jul 04 with Karlene.Kneeling@vandenberg.af.mil or call 6-6761. (30MDG/SGO)

e. Quarterly Awards Luncheon Change: The Team Vandenberg Quarterly Awards Luncheon has changed to Tuesday, 27 Jul 04 at 1100 at the Pacific Coast Club. Please see your First Sergeants for tickets and information. (30SW/JA, 5-3668)

f. Quarterly Award Winners: Col Stephen M. Tanous proudly announces the 30th Operations Group Quarterly Award winners for the second quarter of 2004! (30OG/OSOD, 5-0239)

Capt Breea Lemm	CGO	30WS
MSgt Charles Latham	SNCO	30SCS
SSgt Brian Villa	NCO	30SCS
A1C Monisha Osteen	Amn	30OSS
Gregg Smith	Civilian (Cat II)	30RMS
Marlene Nickerson	Civilian (Cat I)	30RMS
SSgt Derrick Russell	Volunteer	2ROPS
TSgt Shannon Holmes	Outstanding Performer	76HF

g. JPASO Scheduling Conference: The next quarterly Joint Pacific Area Scheduling Office (JPASO) Scheduling Conference will be held Thursday 5 Aug 04 at 1000 in Bldg 7025 WROCC auditorium. There will be several range scheduling briefings planned with presentations by JPASO Pacific area range representatives

TEAM VANDENBERG

including PMRF Barking Sands HI, Naval Air Point Mugu CA, 22 Space Operations Squadron, Peterson AFB CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. Contact is Bob Corser at 6-8987. (2ROPS/DOUS)

h. Military Equal Opportunity (MEO): The primary objective of the Equal Opportunity and Treatment (EOT) program is to improve mission effectiveness by promoting an environment free from personal, social, or institutional barriers that prevent Air Force members from rising to the highest level of responsibility possible based on their individual merit, fitness, and capability. The EOT program encourages members to use the chain of command to identify and correct unlawful discriminatory practices. This includes processing and resolving complaints of unlawful discrimination and sexual harassment. For more detailed information contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

i. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

2. 30th Space Communications Squadron: (30SCS)

a. New Publication: [SWI 36-111](#), Senior Airmen Below-The-Zone (BTZ) Promotion Program, is available on the VEPDL. (30SCS/SCBP, 6-7892/4)

b. Processing Administrative Communications: Sealed First Class letters marked "RETURN SERVICE REQUESTED" must be safe guarded after duty hours just as controlled mail. Do not leave these communications unattended overnight. For more details contact Julio Newman at 6-6545. (BITC)

c. Emission Security: EMSEC is a base-level program requiring compliance with equipment and system installation standards as outlined in AFMAN 33-214V2, Emission Security Countermeasures Reviews. This applies only to classified computers, systems, or facilities. For information on what the VAFB EMSEC program has to offer, check out our website at the following address: <https://milnet/wiao/emsec.htm>. (30SCS/SCBI, 5-2352)

3. Traffic Management Office: (30LRS)

a. It's Your Move: If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on you upcoming move can be e-mailed to your computer. (30LRS/LGRT, 6-6932/33)

b. Shipping Your Pet: If you are PCSing overseas with your pet, the following website contains useful information and web links: [Shipping Your Pet](#). HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

4. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-1085. (30MSS/DPMP1)

b. Interested In Going TDY? The MPF's Personnel Readiness Function is looking for volunteers, in the rank of E-5 and below, to go TDY for approx 90 days working as a Third Country National (TCN) Escort. We are currently looking to fill 30 tasking for the AEF 3, AEF 5 and AEF 7 cycles. The benefits include traveling to another country and receiving a tax- free reenlistment bonus if you are eligible for reenlistment during that time. All TDY tasking are on a first come, first serve basis. Eligibility criteria as follows: Must not be obligated to fulfill an AEF requirement for your current AFSC and must remain eligible to support this tasking for the entire AEF cycle. Must have a Secret or Interim Secret Clearance. Must be an E-5 or below. Must have your commander's approval in writing to be eligible to volunteer for the TCN Escort deployments. For more information, please contact TSgt Leduc at 6-7574. (30MSS/DPMDX)

c. Dress and Appearance Updates: The Chief Staff of the Air Force has rendered a decision concerning the 96th AF Uniform Board that met on 18—19 Jun 04. Voting members included representatives from designated Air Staff Directorates, each major command, AF Reserve, National Guard and the Chief Master Sergeant of the Air Force. Non-voting members included representatives from the Army and AF Exchange Services (AAFES), AF Clothing Office and Defense Supply Center Philadelphia (DSCP). To review the entire document, please go to the 30th Military Personnel Flight Weekly at [MPF Weekly](#). Additional guidance on all

approvals will be forthcoming in the next update of AFI 39-2903, which is currently being reviewed by Air Staff and should be released this summer. Contact SSgt Sharon Heard NCOIC, Customer Service/DPMPs at 6-7997 for more details. (30MSS/DPMPs)

5. Civilian Personnel Flight: (30MSS/DPCE)

Voluntary Leave Transfer Program: Timothy L. Lovelace - 30CES/CEOF2 Vandenberg AFB, Tony Wright - Mildenhall AB, Starlene Holley - Clear AFS, Ronald Mosley - Selfridge ANGB, Michael Baca - HQ ARPC/MS, Sandra Jernigan, Betty O'Herlihy, Howard Brown, & Tim Jones - Luke AFB, Glenda Bennet & Lori J. Anderson - Peterson AFB, Herlene Thurman & Cheryl Scott - Los Angeles AFB, Carolyn DeLaGarza - Langley AFB, Johnna DeSimone - Schriever AFB, Dionisio Esteban - Onizuka AFS, Contine Francis and Janice Shinkle - MacDill AFB, Delores Green and Emily Knecht - Dobbins ARB, Wilson Holloway & Frank Valentik - Avon Park AFR, Charles Howard - Vance AFB, Jane Kelsey & Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, Mary Maurer, Lisa Wiggs & Richard Hinshaw - Patrick AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, D'Sitra Scott - Willow Grove ARS, PA, Sue Sommers - Scott AFB, Jeneke Lacy, Jacquelyn Schmidt, Carol Vilcek, Linda Solomon, & Rebecca Barner - USAF Academy, Mike Weatherly - Homestead ARB, & Bernadette Stein - Randolph AFB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form. Access this form on the web at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf. (30MSS/DPC)

6. 30th Medical Group: (30MDG)

a. Annual School/Sports Physicals: Annual mass school/sports physicals will be offered at the Family Practice Clinic by appointment only on 6 Aug 04 from 1600—1800. Children must be enrolled in TRICARE Prime at Vandenberg AFB in order to make an appointment. Appointments may be scheduled by calling 606-2273 Monday—Friday from 0730—1600. Please bring the school's physical examination requirements (if any) along with your child's immunization record to the appointment. It is highly recommended that children are taken to the immunization clinic prior to their appointment date to have their immunization record reviewed and receive any necessary immunizations. No TB tests will be placed during physical. Students should be dressed in T-shirts and gym shorts or sweats; students not dressed appropriately may have to be rescheduled. A parent or legal guardian must accompany any child under 18 years of age and children 10 years or older must have their ID card with them. For any questions, please contact SSgt Nora Lerner at 606-5695. (30MDG/SGO)

b. Preventive Dentistry: The American Dental Association has long recognized the link between good oral health and sound nutrition. There is a growing concern among America's dentists that many of their patients are consuming record numbers of sugar-filled sodas, sweetened fruit drinks, and non-nutritious snack foods. Eating patterns and food choices among children and teens are important factors that affect how quickly youngsters may develop tooth decay. When bacteria (plaque) come into contact with sugar or starch in the mouth, acid is produced, which attacks the teeth for 20 minutes or more. This can eventually result in tooth decay. The foods we choose generally affect our overall health, including our teeth and gums. The USDA's Dietary Guidelines encourage consumers to limit intake of beverages and foods high in added sugars that may crowd out other health foods from the daily diet. Health and nutrition experts recommend following the U.S. Department of Agriculture's (USDA) Food Guide Pyramid and the five major food groups: (1) Breads, Cereals, Other Grain Products, (2) Fruits, (3) Vegetables, (4) Meat, Poultry, Fish, Dry Beans, Eggs, Nuts, (5) Milk, Cheese, Yogurt. What can you do? Maintain a healthy diet. Make sure water is readily available and drink water more often. Limit eating and drinking between meals. Give preference to nutritious foods for snacks. Contact A1C Antwon Ervin, 30MDG/SGGD at 6-1846 for more details. (30MDG/SGO)

c. TRICARE Outreach: Free flowing opportunity to learn about your TRICARE options and address any concerns in an open-forum environment. Children are welcome and no RSVP is required. Beginning 4 Aug 04, every Wednesday through Sept 04 from 1400—1600 in the Staff Auditorium at the 30th Medical Group. The following is a list of topics on specific dates: 4 Aug 04: TRICARE in transition. 11 Aug 04: Access Standards and Accessing Care. 18 Aug 04: New Claims Processors (Health Care Claims/TRICARE for Life/Pharmacy). 25 Aug 04: Preventative Care (Well visits/Immunizations). Subject will repeat every 15 minutes. Questions may be directed to Ms Bonnie Robles, Beneficiary Counseling and Assistance Coordinator, 6-7483. (30MDG/SGO)

7. 30th Security Forces Squadron: (30SFS)

a. Installation Entry Gate Hours: The Santa Maria Gate, Solvang Gate, South Gate and Timber Lane Gate are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Friday. The Titan is closed. (30SFS/SFOC, 6-3911)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

c. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

8. 30th Civil Engineering Squadron: (30CES)

a. Attention All Facility Managers: Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call A1C Rodriguez at 6-3152 or CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conference room. (30CES/CEOF, 6-0010).

b. Recreational Vehicles, Boats and Trailers: A recreational vehicle (RV) is defined as that which could reasonably be judged to be one or more of the following: boat, camper, cargo truck, motor home, or pickup camper if the camper or camper shell is wider or longer than the pickup bed or trailer. Store recreational vehicles and pickup trucks with campers not used as daily transportation in the RV storage area, located in the northeast corner of 13th Street and New Mexico Ave. The Outdoor Recreational Center controls the storage lot. Recreational vehicles may be parked in the housing area for a period not to exceed 72 hours for loading, unloading, or cleaning purposes. Contact Capt Jokinen, 6-3477. (30CES/CEH)

c. Wildland Training Burns: The Vandenberg Fire Department is scheduled to conduct prescribed burns from 0800—1700, Monday through Friday, now through 30 Jul 04, on Vandenberg AFB. The objective of the burn is to train firefighters, dozer operators and helicopter pilots on wild land firefighting techniques. It will take place on 136 acres along 13th Street and Watt Road and 191 acres on the hillside along Santa Ynez Road. The burns will be incremental in nature covering one-fourth to five acres at a time. Favorable weather conditions will also determine when the burns occur. For more details contact Mark Smith at 6-2965. (30CES/CEFHS)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Base Theater Marquee: The following movies will be shown at the Base Theater, Bldg 13750 23—25 Jul 04. Call 6-5565 for movie information only. E-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	23 Jul 04	"The Terminal"	PG-13	1830	1900
Saturday	24 Jul 04	"Around the World In 80 Days"	PG-13	1830	1900
Sunday	25 Jul 04	"Garfield"	PG	1330	1400

b. Food Service Events: For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMX)

Day	Date	Event	Start Time	Location(s)
Friday	23 Jul 04	National Hot Dog Day	1100/1630	Beachcomber
Wednesday	4 Aug 04	National Chocolate Chip Day	All Day	Beachcomber & SLCs

Monday	16 Aug 04	National Lemon Meringue Pie Day	1100/1630	Beachcomber & SLCs
Tuesday	24 Aug 04	National Peach Pie Day	1100/1630	Beachcomber & SLCs

c. Vandenberg Enlisted Action Team (VEAT): Junior enlisted, come out and join your fellow peers in a monthly forum to discuss with wing leadership representatives critical quality of life issues on Vandenberg and discuss new ways to work smarter and play harder! We meet every 3rd Thursday, 1000—1200 in the Enlisted Lounge of the Pacific Coast Club (PCC) and will have guest speakers addressing various issues. Please contact: President SSgt Keen, 5-6456; Vice President SSgt Russell, 6-1299; Secretary SSgt Ward, 6-3076; Treasurer TSgt Mann, 5-2433, for any questions or concerns. (30SCS/SCBA)

d. Catholic Single Young Adults: Are you single and between the ages of 21 and 40-yrs-old? Looking for a place to meet other Catholics with similar interests? Join the new Central Coast Catholic Young Adult Singles the 2nd and 4th Thursdays (at local parishes) of every month. We will have our first event on Thursday, 29 Jul 04 from 1830—2030 at St Louis de Montfort in Orcutt. Other social events to be announced. Call Kellee Bartha at 264-4659 or e-mail kelnspc@yahoo.com. (CCCYAS)

e. Peacekeeper Association (PKA) Golf Tournament: The PKA Golf Tournament will be held on Friday, 13 Aug 04, at Marshallia Golf Course VAFB. Check-in is from 1030—1200 and the shotgun start is at 1230. The cost is \$15.00 per person entry fee. Fee does not include greens fee, cart rental or golf club rental. The format is a 4-person scramble. Mulligans and string will be sold at registration. Please send your team notification by 2 Aug 04. For more details contact A1C Veronica Atis at 588-5491 or by e-mail: veronica.atis@vandenberg.af.mil. (30SFS/CCA)

f. Furniture Sale: Rec Checkout, Bldg 10250 has NAF excess couches, chairs, occasional tables, rollaways, dining tables, and other items for sale at reasonable prices. Terms: Cash and carry at time of sale. Hours of operation: Monday thru Friday from 0900—1700; Saturday from 0900—1600. Call 6-5908 for more information. (30SVS/SVML)

g. Big Brothers Big Sisters: Big Brother Big Sisters matches kids with adult volunteers who share friendship, fun and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring some magic into both of your lives. Our New Volunteer Orientation and Training will be on 04 Aug 04 from 1130—1300 at the Family Support Center office located at 723 Nebraska Ave, Bldg. 10525 Vandenberg AFB CA. Or, please call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister. RSVP! (FSA)

Health And Wellness Center: (30MDG/HAWC, 6-2221)

a. Quarterly Classes: The following classes are offered on a quarterly basis at the Health And Wellness Center, Breastfeeding and Infant Care Class - Learn how to properly breastfeed and take care of your newborn. Exercise During Pregnancy - Learn what exercises are appropriate during your pregnancy. For information regarding any of these classes, please call the HAWC at 6-2221.

b. HAWC On-line Class Sign-ups: Please go to www.php-ids.com to register as a new student and sign up: Fitness Improvement Program (FIP), Healthy Living Workshop (HLW), and Body Composition Improvement Program (BCIP). For information regarding any of these classes, please call the HAWC at 6-2221.

Chapel: (30SW/HC, 6-5773)

a. Worship Schedule:

Catholic Mass:	Saturday	1700	Chapel 2	Protestant Services:			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

b. The Vandenberg Jewish Community: Hebrew and Bar Mitzvah classes are ongoing here on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

Family Support Center: (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit www.php-ids.com.

a. Office Hours: Family Support Center's customer service hours are 0800—1500 except on Mondays when the center will be open 0930—1500. Personnel requiring *emergency* Air Force Aid will be assisted.

b. Heart Link: Monday, 26 Jul 04, from 0830—1200 at the Pacific Coast Club. Heart Link is offered monthly in conjunction with Newcomer's Orientation. Personnel and spouses attend together for the formal briefings that address the 30SW mission and base services. After the Community Fair, spouses break off to continue the Heart Link agenda. This is an ideal way for spouses new to the Air Force or just new to

Vandenberg to learn about the Air Force way of life on the Central Coast of California. You can schedule yourself for this briefing by accessing www.php-ids.com

c. BabyMeet: If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group will be meeting every Wednesday, 900—1000 at the Base Library. For more information you can call Katie at 734-6758 or Anna at 734-6606.

d. Playtime for Tots: They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

30th Services Squadron: (30SVS/SVK, 6-0276)

ATWIND Picnic: Friday, 23 Jul 04, 1100—1500, at Cocheo Park.

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Used Car Lot:** Try selling your used vehicle through the Auto Hobby Shop. Place your vehicle on the used car lot for \$6 per two weeks. You also have the option of listing your vehicle on the Services Squadron web site.

b. Surf Lanes Bowling Center: (30SVS/SVBB, 6-3209/734-1310)

- **Senior PBA Tournament:** 23—25 July 04. Hours of operation during the Tournament will be as follows: 23 Jul – No open bowling, Thunder Alley starts at 2100; 24 & 25 Jul – Open bowling starts at 1700.
- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Friday, 2100—2400, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

c. Breakers/Beachcomber Dining: (30SVS/SVMF, 6-7540/734-1901)

- **Breakers Renovations:** The Breakers dining facility is currently closed for renovations to the heating, ventilation and air conditioning system. Consolidated dining will be available at the Beachcomber (Bldg 9190) on Nevada St in the 381st Training Group area.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child-care Providers has never been greater! Help make a difference and become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **Customer Focus Group Meeting:** 22 Jul 04, 1700, at the Fitness Center basketball court. Meeting is open to the base community.
- **Rock Wall Climb:** 28 Jul 04, 1500—1700.
- **Pick-up Basketball:** Monday-Friday from 1100—1300, and Tuesday-Thursday from 1600—1700 at the Fitness Center.

g. Library: (30SVS/SVMG, 6-6414)

- **Patch Club Meeting:** 30 Jul 04, 1700. For students from grades 2 to 5.
- **Storytime:** Thursday at 1000. It is appreciated if you can sign up if you are attending to help plan for supplies, but walk-ins are welcome.
- **Dial-a-Story:** The phone number is 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
- **Summer Reading Program:** This program for kids ages 3 to 12 is underway. This year's program will have an ocean theme, 'Explore New Worlds — Read!' Participants will bring in their reading logs weekly for prizes and their name on the Reading Wall.

h. Marshallia Ranch Golf Course: (30SVS/SVBG, 6-6262)

- **Golf 4 Kids:** Learn how to play the game with our youth instructional courses. Limited space is available in the August session for youth ages 11 to 14. Sign up at the Pro Shop, class runs from 9—15 Aug 04.
- **Long Drive Competition:** 8 Aug 04, 1300—1700. Catch the local qualifying event for the Re/Max World Long Drive Competition.

i. Outdoor Recreation/Equipment Checkout: (30SVS/SVRO, 6-5908)

- **Whitewater Rafting:** 24 Jul, 7 Aug 04. Hit the rapids of Kern River with Outdoor Rec. Rafting trips will run through the summer. Cost is \$60 for one-day trip including transportation, lunch, and a full day of rafting with our own guides.
- **Horseback Ride:** 31 Jul 04, 1030-1145. Enjoy a ride at Pacific Dunes Ranch. Cost is \$35.

j. Pacific Coast Club: (30SVS/SVBO, 734-4375 or 734-4376)

Entertainment/Events:

- **Around The World:** Join us as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two-week period. Pick up your passport today!
- **Over the Hump Night:** Wednesday in the E-Lounge. Free wings and things starting at 1700.
- **Boss & Buddy:** 21 Jul 04, 1700—Close, in the E-Lounge.
- **DJ Night:** 23 Jul 04, 2100—0200, in the E-Lounge.
- **Karaoke Night:** 23 Jul 04, 1900—2300, in the Officers' Lounge.
- **18 & Over Night:** 24 Jul 04, 2100—0300. The party is back with DJ Guy, Saturday nights in the E-Lounge.
- **Kid's Night Out:** 26 Jul 04, 1700—2000.
- **Mongolian BBQ:** 28 Jul 04, 1800—2000.

Menu:

- **Weekly Lunch Buffets:** Monday – Home-Style Luncheon Buffet; Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly); Wednesday - Santa Maria BBQ Buffet; Thursday - Chicken and Ribs Buffet; Friday - Seafood Buffet.
- **Monday Madness:** Monday evenings. All-you-can-eat pizza buffet with drink. Regular - \$7.00, Members - \$5.00, children under 12-years of age - \$3.00. (No coupons)
- **Fried Chicken Buffet:** Tuesday evenings, Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95, children under 12-years - half-price, children 4-years and under - free.
- **Kid's Night:** Wednesday evenings. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
- **Pasta Mania Buffet:** Thursday evenings. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.
- **Saturday Pizza Special:** Every Saturday, buy one large pizza and get a second pizza at half-price at Foggio's (ATWIND event).

k. Rod & Gun: (30SVS/SVBR, 6-4560)

- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.

l. Services Center: (30SVS/SVYR, 6-7976)

- **Natural Knead Massage Relocation:** Natural Knead massage is now open in its new temporary location at the Health & Wellness Center (HAWC), Bldg 8505.
- **Information, Tickets & Travel (ITT) Relocation:** The ITT office and Leisure Travel are now located at Outdoor Rec (Bldg 10250).

m. Skills Development: (30SVS/SVRS, 6-6438)

- **Art Instructors:** The Skills Development Center is looking for contract instructors to teach various art techniques. Call 6-9487 or stop by for details.
- **Ceramics Classes:** Classes run the 1st, 2nd and 3rd Wednesday of the month from 1730—2030. August sessions will teach the art of antiquing with various media. Cost is \$35 for all 3 classes. Sign up at the Skills Development Center by 21 Jul 04.
- **Children's Ceramics:** Saturday from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.
- **Basic Framing & Matting:** 27 Jul 04, 1800—2000. Work on an 8" by 10" project. Cost is \$20 plus materials.
- **Art Instructors:** The Skills Development Center is looking for contract instructors to teach various art techniques. Call 6-9487 for more information.

n. Swimming Pool: (30SVS/SVRO, 6-3581)

- **Junior Lifeguarding:** 19 Jul 04 to 3 Aug 04, 1000—1400. Get a jump-start into American Red Cross lifeguarding for ages 11 to 14. This program offers a foundation for future successful completion of the Red Cross Lifeguard Training Program.
- **Water Aerobics:** 19—30 Jul 04. Water aerobics runs Monday, Wednesday and Friday from 1130—1215. Cost is \$3 per session, \$10 for July session, or \$20 for August session.
- **Dive-In Movie Night:** 23 Jul 04, 1930—2130. Enjoy a movie on the big screen while lounging in the pool. An adult must accompany children under the age of 10. Movies are rated PG-13 or under. Cost is \$2 (includes popcorn and soda.)

- **Youth Water Polo:** 27 Jul—12 Aug 04. Class runs Tuesday and Thursday from 1745—1845. For boys and girls ages 8 to 14 who want to learn the fundamentals and training of water polo. Cost is \$20.
- **Adult Swim Lessons:** 28 Jul—18 Aug 04. Lessons run Monday and Wednesday from 1745—1830. Class is designed for adults who want to learn to swim or just improve their current abilities.
- o. **Veterinary Clinic:** (30SVS/SVBV, 6-3019)
 - **Clinic Day:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.
 - **Pet Protection:** Protect your pets against fleas, ticks and heartworms with Frontline Plus and Heartgard, both available at the Vet clinic.
- p. **Youth Center:** (30SVS/SVYY, 6-2152)
 - **Missoula Children's Theater:** 24 Jul 04, 1400. Performance of Alice In Wonderland at the Base Theater. Tickets are \$3. This is an ATWIND event.
 - **Summer Youth Baseball/Softball Camp:** 2—13 Aug 04. Cost is \$20 for members and \$25 nonmembers. Camp runs Monday through Friday, 1300—1630.

Education Center: (30MSS/DPHE, 5-5904)

a. Tuition Assistance: Attention all military members using tuition assistance: Please remember that you are not able to register for classes that begin in October 04 until after 1 October 04. This is when the new Fiscal Year (FY) begins and money will become available. For more information please contact the Education Center at 5-5904. (30MSS/DPH)

b. Embry Riddle Aeronautical University: ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. Our Fall term begins 2 Aug 04 and registration begins 19 Jul 04. The term schedule will be available on our website at www.erau.edu/vandenberg by 19 Jul 04. For current information regarding registration, admissions and our programs call the office at 805-734-4076 or 606-6557. We have an extensive online catalog and over 150 locations worldwide. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Room A-1. Office hours are Monday – Thursday, 0830—1730 and Friday from 0900—1200. Our e-mail is Vandenberg.Center@erau.edu. (ERAU)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Call for info and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000/Advanced; Excel 2000/Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook E-mail Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: lexi.schwartz@vandenberg.af.mil. **Note:** Walk-ins are always welcomed!

b. First Tip: Using PI - "I need to use the value of PI in an Excel worksheet. Could you discuss how to write a function that would calculate the value of PI?" - You don't need to write a function to use PI, (Pi, as in 3.14), in an Excel worksheet. Excel has a built-in PI function. To see the value of PI, move to a blank cell and enter **=PI()**. When you press **Enter**, Excel will display 3.141592654. You can easily use the PI function in your worksheets. Let's say you need to calculate PI times 2.5. You'd simply type **=2.5*PI()** and press **Enter**. **Second Tip: Delete A Rule In Outlook** - Once you've been using Outlook for a while, you'll probably have a bunch of rules hanging around that you don't need. Why not get rid of them? From the Inbox, on the Tools menu, click 'Rules Wizard'. In the **Apply Rules In The Following Order** box, click the rule you want to delete, click **Delete**, and then click **OK**.

c. Available Classes: Following are classes scheduled for the next two weeks, which have open slots:

Class	Date(s)	Time
Palm PDA - Beginning	20 Jul 04	1300—1600
PWRR	20 Jul 04	0800—1100

Office - Customizing Toolbars	21 Jul 04	1130—1230
Information Technology EC Training	21 Jul 04	0900—1100
Outlook	21-23 Jul 04	0800—1100
Pocket PC	21 Jul 04	1300—1600
Certification & Accreditation	21 Jul 04	0800—1130
Access Lab	22 Jul 04	1300—1600
LAN Access Training	23 Jul 04	1300—1600
Photo - Restoration and Red Eye	23 Jul 04	1130—1230
Workgroup Managers Course	26-30 Jul 04	0800—1600
Access 2000 Basic	26-30 Jul 04	1300—1600
PowerPoint 2000	26-30 Jul 04	0800—1100
Excel - Headers and Footers	26 Jul 04	1130—1230
Photo - Panorama	28 Jul 04	1130—1230
Excel - Filtering, Sorting, and Subtotals	30 Jul 04	1130—1230
Excel 2000	2-4 Aug 04	0800—1100
Access 2000 Intermediate	2-6 Aug 04	1300—1600
Photo - Selecting What You Want	2 Aug 04	1130—1230
Excel - Macros	4 Aug 04	1130—1230
LAN Access Training	5 Aug 04	0800—1100
Excel Advanced	6 Aug 04	0800—1100

Items For Sale:

For Sale: 2003 Nissan 350Z Touring Edition, pearl white, 6-speed manual with only 18K miles. All available options except navigation, including heated leather seats, Bose premium sound w/6-CD changer and all available air bags. Asking \$30,000. Call Tim Ayala at 737-1621.

For Sale: 1993 Acura Integra, Alpine stereo with 4 Pioneer speakers and 10-inch Pioneer sub. Asking \$3,500/obo. Contact Jason at 734-0092 for more info or see it at VAFB car lot.

For Sale: 1966 Chevy Chevelle Malibu, white, in excellent condition. All original except 700R4 trans. 283 engine and rally wheels. Original owner/original power glide trans & parts. \$12,500/obo. Call 245-0073.

For Sale: 1983 Volkswagen Westphalia, 4 cylinder, 4-speed, 162,000 miles. Pop-top roof, roof rack, AM/FM stereo, cassette, quad seating, sink, stove, tables, beds. Needs valve job, gasket for gas tank, and some gauges don't work. Kelly Blue Book \$2,780. Asking \$2,500. Contact Erica at 735-3819.

For Sale: Tickets for Blink 182 at the California Mid-State Fair on Friday, 30 Jul 04 at 1930. The seats are Plaza Floor, row/box: PP, Seat 10 & 11, Section 6A3. To view exact seats see [Mid-State Fair Seating Chart](#). Cost is \$60.50 for concert admittance for two. Contact Carly Meyer at 805-264-6294 and leave a message.

For Sale: PowerPro (Kmart) self-propelled 22" cut, 5.5hp lawn mower, \$130. Weed Eater 14" electric trimmer, \$18. Multi-purpose "Big Shot" 2-gallon sprayer, \$6. Reebok aerobic step with video tape, \$25. Rubbermaid beige 5-shelf, 72"high, 35"wide, 18"deep, utility shelf unit, \$35. Call 733-0608.

For Sale: Awesome wood entertainment center. Stores TV, DVD player, VHS player, cable box, a significant movie library, books, and 2-lighted top bookshelves to display collectibles, plus room for stereo on top of unit. 70" wide, 60" tall, 19 1/2" deep. TV insert is 31" wide X 29 1/2" tall. \$200/obo. Call Amy at 734-2102.

For Sale: 5-piece dinette set, wood chairs, light blue tile top, \$75. Couch, white with bright floral, \$75. Maytag gas stove, all black, digital, and self-cleaning, \$200. Call 928-3329.

For Sale: 5.6 MHZ VTECH 2-ext phone, w/wall mount, 4-mos old, in Xlnt condition. New \$120. Selling for \$60. Sears car topper, white w/gray. Great condition, \$20, strap kit can be purchased at Sears. Kids mink blanket, hunter green, \$20/obo. Tractor garden hose, \$20/obo. Serious inquiries only. Call 588-8153.

For Sale: Solid oak king-size waterbed frame, \$175. Antique oak rocking chair, \$175. Unique white "stone" contemporary coffee table, \$125. Chandelier w/5 smoked glass globes, \$20. Hanging light w/large, smoked glass globe, \$15. Various sizes Del Mar wood mini-blinds, \$15-\$25. Sears almost new shop vacuum, \$60 (\$130 new). Car-top rack, \$15. Camping stove, \$10. Coleman cooler, \$5. Call Gary at 736-8925.

For Sale: Great for Gymnast; Trampoline, 14 foot diameter with pad, in great condition \$80. Call 734-1999.

For Sale: 5+ piece Pearl drum set w/accessories. Hardly been played. In great condition. Paid over \$600. Asking \$400. Contact Doug Bayley 734-1993.

For Lease: One slot at the Child Development Center in the 3- to 5-year-old range from 4-20 Aug 04. If interested, please call Amy at 734-9585.

Yard Sale: Saturday, 24 Jul 04 at 711 Juniper Street (directly behind the education center) from 0800-1200. Items included: 3-piece coffee table set, cabinet, changing table, crib mattress, clothes toys and misc. stuff.